

Avinashilingam Institute for Home Science and Higher Education
Zoology Department

NSS Unit-12 : 2015 - 2020

List of activities

S.No	Date	Event	Details of the Activity	Beneficiaries
2015-16				
1.	27.01.2016	HIV/ AIDS	Lecture on AIDS Awareness by Dr.Mahadevan, Associate Professor, Department of Dermatology, PSG Medical College, Coimbatore.	180
2.	28.01.2016	Tree planting	Lecture on Nutrition and its benefits for adolescents. Thirumathi. K. Sundarambal, Child Development officer, Ooty	125
3.	29.01.2016	Personal Hygiene	Immunity and Health by Mr.P.Ramasamy, Consultant, 4life-immunomodulation, Coimbatore.	205
4.	30.01.2016	Yoga	Nalvalvitku yoga Dr. C. Lakshmi, yoga trainer, ADU, Coimbatore	220
5.	30.01.2016	Health	Distribution of Nilavembu Kashayam	220
6.	30.01.2016	Environmental degradation and need for conservation	Cleanliness campaign, Segregation of biodegradable and non- degradable wastes- Distribution of dust bins	225
7.	31.01.2016	Cancer	Rally-awareness on cancer	220

8.	31.01.2016	General health	Medical Camp organized with Thulasi Pharmacy	225
2016-17				
9.	10.08.2016	Safety and security	Road Safety Awareness Programme	150
10.	10.10.2016	Health & Hygiene	Create awareness about important of hygiene and cleanliness	100
11.	15.1.17 to 21.1.17	Special Camp	Inaugurated by Councillor of Ward No: 44, Mr. Venthamarai Balu, Nallampalayam	Unit 21 (36 volunteers)
12.	16.12.2016	Digital Economy	Awareness about Digital Economy under the scheme VISAKA (VITTIYA SAKSHARATA ABHIYAAN)	300
13.	16.01.2017	Health	Physical Importance of meditation and physical exercises were taught by Dr.C. Lakshmi ,Yoga Instructor, Avinashilingam University for women, Coimbatore	122
14.	16.01.2017	Personal Hygiene	Body, Mind and Soul- a training by Mr.M.Krishnappa, Professor, Department of Physics, Sri Ramakrishna Engg. College, Coimbatore	10
15.	17.01.2017	Human values	Pillars of healthy life Mr.P.Ramasamy, Immuno care Consultant, Coimbatore.	105

16.	18.01.2017	Environmental degradation and need for conservation	“Prevention of Our Environment” by Dr.S.Gurunyanambiga, Assistant Professor, Tamil Dept, Avinashilingam University for women.	92
17.	20.01.2017	mail savings	Awareness created on DIGITAL INDIA through Rally	150
18.	20.01.2017	Tree planting	Tree planting	65
19.	20.01.2017	General health	General health checkup (Thulasi Pharmacy), Eye camp – Sankara eye hospital	185
20.	20.01.2017	Competitions	competitions conducted for school students- running race, potato gathering and slow cycling	120
21.	18.2.2017	Village Visit	Socio Economic Survey Nallampalayam	Unit 21 (36+37 volunteers)
22.	21.2.2017	Seminar on “Personality Development”	Dr. S Gayatri Devi Asst. Professor, Psychology Dept. Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (36+37 volunteers)
23.	8.3.2017	Blood Donation Camp	Co-ordination with Dept. of Transfusion Medicine, CMCH	50
2017-18				
24.	2.7.2017	Seed ball making	Hindustan Arts and Science College	11

25.	5.7.2017	One day Workshop on “Personal Empowerment”	Dr. Radha Sabhapathy, Yoga Trainer Avinashilingam Institute for	Unit 21 (42 volunteers)
26.	1.8.2017	Seminar on “Role of Women In Swachh Bharat”	Mrs. V Malarmangai, Training Associate, NSS - ETI, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (42 volunteers)
27.	5.8.2017	Village Visit- Socio-economic Survey	Balaji Nagar, Nallampalayam	Unit 21 (40+37 volunteers)
28.	5.8.2017	Rally on “Dengue Awareness”	Initiated by Ex-Councillor of Ward No: 44, Mr. Venthamarai Balu	Unit 21 (40+37 volunteers)
29.	12.8.2017	Rally on “Anti-Corruption	Initiated by Dr. Ambiga Devi, Dean Faculty of Humanities Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37volunteers)
30.	12.8.2017	Special activity on “Swachh Bharath”	Initiated by Mr. Mathiazhagan, Engineer, Director Incharge TWAD Board , Bharathi Park Road, Coimbatore-43.	Unit 21 (25 volunteers)
31.	20.9.2017	Rally on “Anti-Ragging”	Initiated by Dr. A Parvathy , Dean, Faculty of Science Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37 +40volunteers)

32.	19.9.2017	Special lecture on “Awareness on PCOS Syndrome”	Dr. Aarthi Paari, MD OG, Manu Hospital, Sungam Tiruchitrambalam Auditorium, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (42+37 volunteers)
33.	17.08.2017	Rally on “Swachh Bharath”	Initiated by Dr. M Sylvia Subhagriya NSS Co-ordinator Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21(37 +40 volunteers)
34.	2-10-17	Botany Lab and corridor cleaning	PO’s of Unit:21 Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21(37 volunteers)
35.	6.10.2017	NSS Day Celebration	Chief Guest Shri. C. Samuel Chelliah, State NSS Officer. Hi- Tech Seminar Hall, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21(20 volunteers)
36.	1.11.2017	Rally on “Youth Revival and Vigilance Awareness”	Initiated by Dr. Venmathi, Dean Faculty of Community & Entrepreneurship Education Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21(25 volunteers)

37.	04.1.18	Special Camp	Inaugurated by Ex-Councillor of Ward No: 44, Mr. Venthamarai Balu, Balaji Nagar, Nallampalayam	150
38.	04.1.18	Special Camp	“Physical fitness” by Dr. Mrs. P.Nandhini, Assistant Director of Physical Education, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37 volunteers)
39.	04.1.18	Special Camp	“Communicative English” by Dr. Sreeja Balakrishnan Assistant Professor, Dept. of English, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37 volunteers)
40.	05.1.18	Special Camp	“Road safety awareness” by Mr. Vinayagamorthy K.V, Road Safety Training Officer, Coimbatore City Police	150
41.	05.1.18	Special Camp	“Safety Measures for Electricity” by Dr. N.S.Rajeswari, Assistant Professor, Dept. of Physics, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37 volunteers)
42.	06.1.18	Special Camp	Medical Camp – Eye, Dental & General Health	150

43.	06.1.18	Special Camp	Art and craft making By Mrs. Anju Chandrashekar, Art and Craft Specialist, Coimbatore, Working in Fevicryl Company	Unit 21 (37 volunteers)
44.	06.1.18	Special Camp	Cultural Heritage Conservation by Dr. K. Sathyabhamavathy Assistant Professor, Dept. of Tourism, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore.	Unit 21 (37 volunteers)
45.	07.1.18	Special Camp	Petroleum Conservation by Mr.N.R. Vaitheeswaran, External Faculty, PCRA , Coimbatore.	Unit 21 (37 volunteers)
46.	07.1.18	Special Camp	Benefits and Rights for Persons with Disabilities” by Dr. R. Nagomi Ruth, Assistant Professor, Dept. of Special Education, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37 volunteers)
47.	08.01.18	Special Camp	Gynecological awareness for women to lead a healthy life forever by Dr.R. Sreedevi, Senior Physician, Arya Vaidya Pharmacy Pvt. Ltd., Coimbatore	Unit 21 (37 volunteers)
48.	08.01.18	Special Camp	Yoga Demonstration by Yoga Kalabarathi Mr. S. Kaviyarasu, DNYS, B.Sc Yoga, Advance yoga coach, Sree Annanda Sai yoga Centre, Coimbatore	150

49.	08.01.18	Special Camp	Sustainability in Hospitality Industry by Dr. K. Sathyabhamavathy, Assistant Professor, Dept. of Tourism, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37 volunteers)
50.	09.01.2018	Special Camp	Vermitechnology by Mrs. Sanjana Pavithran, Junior Research Fellow, Arya Vaidya Pharmacy Pvt. Ltd., Coimbatore	150
51.	09.01.2018	Special Camp	Energy Conservation by Dr. N.S. Rajeswari, Assistant Professor, Dept. of Physics, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37 volunteers)
52.	26.2.2018	Seminar	“Impact of Human Activities on the Environment” Dr. M Poonkothai, Asst. Professor, Zoology Dept. Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (40 volunteers)
53.	1.3.2018	Special Lecture	Pollution Control through recycled gardens Mrs. C Priyamvatha, Proprietor, Dharshni Organics, Coimbatore	Unit 21 (40 volunteers)

**Avinashilingam Institute for Home Science and Higher Education
for Women Coimbatore**

Department of Zoology

NSS Unit No -12

NSS Programme Officer - Dr.G. Maheswari

List of activities 2018-2019

S. No	Date	Event	Details of the Activity	Beneficiaries
1.	02.10.2018	Special activity	Gandhi Jayanthi and Swachh Bharat activity	150
2	26.10.2018	Seminar	Solid waste management	45
3	17.10.2018	Special Camp	Inauguration Camp activities on village site, Special lecture	43
4	18.10.2018	Activites	Samathuva pongal at village temple Paraiattam on plastic awareness Nallvalvirku yoga	43
5	19.10.2018	Swatch Bharath activity , Awareness programme on disaster management	Cleaning of temple garden and village, Fire service management	43
6	20.10.2018	Teaching Yoga and Upskilling	Yoga and Kummiattam to village people, Mathippu kootta patta siruthanniya unavu vagaigal	43
7	21.10.2018	Tree plantation, Outreach program and games	Tree plantation in Nallapalayam village Outreach program by Ministry Inaguration of asset and organized games for children and villagers	43
8	22.10.2018	Medical Camp and Upskilling Validictory function	Free Medical Camp, Upskilling on Veettu thotta paramarippu	43

9	23. 10.2018	Survey	Survey on adopted village for "Unnath Bhararth Abiyan".	43
10	22.01.2019	Swachh Bharath activity,	Swachh survekshan Rally & Seminar jointly organized by the Ministry of Information and Broadcasting, Government of India, Field Outreach Bureau, Coimbatore, Coimbatore Municipal Corporation and Avinashilingam Institute for Home science and Higher Education for women, Coimbatore. SWACHH SURVEKSHAN was flagged off by Honorable Member of Parliament A.P. Nagarajan.	2500

NSS Programme Officer - Dr.C.A.Annapoorani - June – November 2019

NSS Programme Officer - Dr.G. Maheswari - November – till date 2019

NSS Assistant Programme Officer - Dr.C.A.Annapoorani

List of activities 2019-2020

S. No	Date	Event	Details of the Activity	Beneficiaries
1.	15.07.2019	Special outreach programme Skill India	Avinashilingam Institute for Home science and Higher Education for Women was conducted an outreach programme in collaboration with Ministry of Information and Broadcasting, Government of India. Resource persons were Kareena .B Thengamam, I.I.S, Assistant Director, the Field Outreach Bureau, Dr. N. Sureshkumar, Founder cum Managing Director, 360 Degrees Academy Pvt. Ltd, Chennai. J.Benjamin, Ex Programme Development and Information Officer, World Vision India, Chennai M. Koushik Kadir, Assistant manager- HR & Training,	750

			Corporate Communications. SIERRA ODC Private Ltd, Coimbatore	
2	25.07.2019	The Orientation Programme	Orientation given by Dr.V.Gayathri, Assistant Professor, Department of Botany, Avinashilingam Institute for Home science and Higher Education for Women	100
3	13.08.2019	Swatchhta Pakhwara	Swatch activity done by I and II UG volunteers	88
4	4.9.2019	Poshan Maah	Eating disorder and the importance of balanced diet by Dr.R.Radha, Assistant Professor, Department of Food Service Management Dietetics, Avinashilingam Institute for Home science and Higher Education for Women	100
5	2.10.2019	Fit India Plog	Fit India Plog inaugurated by Dr.U.Jerinabi, Dean School of commerce and Management, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore – 43	88
6	1.11.2019	Rally for vigilance awareness week Integrity- a way of life	Avinashilingam Institute of Home Science and Higher Education for Women and Indian Overseas Bank Dr. P.R.Padma addressed the gathering and inaugurated by Mrs. Saraswathi, Chief regional manager, IOB	750
7	6.1.2020	Special Camp Inauguration	Inauguration meeting Cleaning the place of staying	43
8	7.1.2020	Slum area cleaning Aerobics	Slum area cleaning Aerobics by Physical Education	43
9	8.1.2020	Distribution of Nillavemu Kashayam	Served the Neelavembu Kashayam in slum area people of Nallampalayam Engaged the kindergarten school children Planted saplings in slum area of Nallampalayam	43
10	9.1.2020	Rally on Awareness Clean India	About dengue, other mosquito borne diseases, Clean India, women's rights and	43

		Medical camp	laws Medical camp physiotherapy	
11	10.1.2020	Samattuva pongal Seminar -1 Seminar -1 Silambam and stunts	Samattuva pongal Dr.Krishnakumar from PSG college of arts and science, how to handle peer pressure Seminar was conducted by Rajamani Founder of kriya greens- various types of gardening and their importance Silambu artists whose group is named Ayudham- stunts	43
12	11.1.2020	Study Tour & Exhibition	Ponmani agricultural farm promoting organic farming Ponmani industry & visited the Uyir Neer aquarium	43
13	12.1.2020	Yoga asana and exercises	Performed yoga asana and exercises collecting feed backs	43
14	03.04.2020	Awarness and precautions of Corona virus	Awarness slogan on Covid 19 posted on You tube Channal, Video Awarness and precautions of Corona virus posted You tube Channal	44
15	18.04.2020	Awarness and precautions of Corona virus	Video on proper steps to wash our hands, posted on You tube Channal	1
16	26.04.2020	Video created on Kabhasura kudineer	NSS- Video created on Kabhasura kudineer preparation by IUG Volunteer & posted on You tube Channal	1
17	27.04.2020	Advantages of Arogya Setu App	Advantages of Arogya Setu App was created by IUG Volunteer and uploaded in You tube channel and appreciated by Door Dharshan Channel.	1
18	02.05.2020	Awarness on corona	Video on Simple ways to protect our self from corona posted on You tube Channal	44
19	09.06.2020	World Environmental day celebrations	World Environmental day celebrations, poster making, slogan writing posted on You tube Channal	88
20	22.06.2020	Yoga day	Webinar on yoga day Voluteers did yoga, participated and posted	70
21	15.07.2020	Webinar on	Webinar on stress relief	70

		stress relief	participated	
22	10.08.2020	Brest feeding week Celebrations	Brest feeding week Celebrations were done by volunteers - slogans, posters & drawings	44
23	12.08.2020	Youth day posters	Youth day posters slogans posted on You tube Channal	70
24	15.08.2020	Independence day, World Elephant day	Independence day, World Elephant day, posters, slogans & drawings posted on You tube Channal	88
25	2.10.2018	Organised quiz on life events and history on Mahathma Gandhi	Organised quiz on life events and history on Mahathma Gandhi, 150 th birthday celebrations , slogans, posters, drawings prepared by volunteers	70